

fitness and sports challenge



Getting fit is difficult.

Staying fit even more difficult.

Especially when it is often
done alone.

... without applause

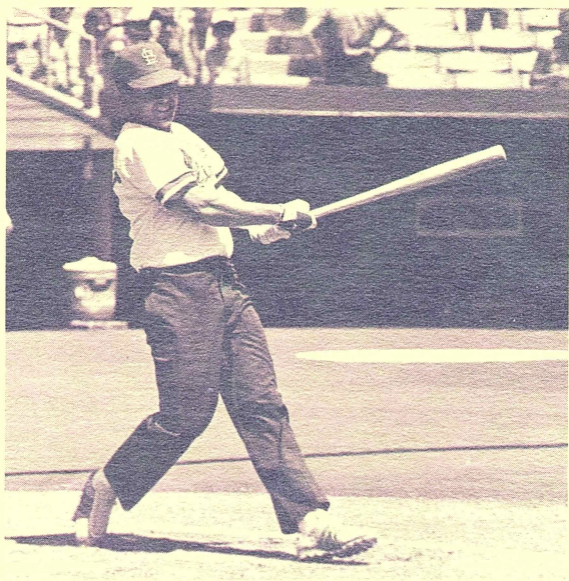
... without medals

... without recognition.

Now Governor John Ashcroft
wants to recognize Missourians
who make fitness and sports
a regular part of their lives.

"It is my pleasure to challenge
Missourians of all ages to earn the
Governor's Fitness and Sports
Award. This program features
requirements for 44 different fitness
and sports activities. Select one of
the activities listed in this brochure,
record your accomplishments on
the attached activity log, and
mail your log to my Council on
Physical Fitness and Health.

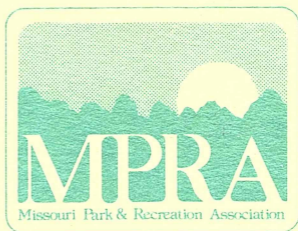
"I will send you a certificate of
recognition for your achievement.
As the Olympic Creed says,
'the most important thing is not
to win but to take part.'
That is what the Governor's
Fitness and Sports Award
is all about.



"Everyone who participates
is a winner!"

John Ashcroft
Governor

Sponsored by



Funded by:

Life Insurance Association
of Missouri

Governor's Council on Physical
Fitness & Health

Missouri Park & Recreation
Association

You must complete the requirements within a four month period.

You may also earn your certificate by completing half the requirements of three different activities.

Fitness Activities

BICYCLING

Bicycle a minimum of 600 miles (more than 5 gears); or bicycle a minimum of 400 miles (5 or fewer gears). No more than 12 miles in any one day may be credited to total (more than 5 gears); no more than 8 miles in any one day may be credited to total (5 or fewer gears).

JOGGING

Jog a minimum of 125 miles. No more than 2½ miles in any one day may be credited to total.

ROWING

Row a rowboat a minimum of 50 miles; or row a wherry a minimum of 100 miles; or row a shell a minimum of 120 miles. No more than 1½ miles in any one day may be credited to total (rowboat); no more than 3 miles in any one day may be credited to total (wherry); no more than 3½ miles in any one day may be credited to total (shell).

RUNNING

Run a minimum of 200 miles. Run continuously for at least 3 miles during each outing. No more than 5 miles in any one day may be credited to total (longer runs are not discouraged, but miles counted toward 200-mile total must be spread over at least 40 outings). Average time must be 9 minutes or less per mile (27 minutes for 3 miles, 45 minutes for 5 miles, etc).

FITNESS

Participate a minimum of 50 hours in exercise activities. Exercise activities may consist of calisthenics, exercise or conditioning classes, fitness-dancing, rope jumping, workouts on apparatus, including stationary bicycles, rowing machines and treadmills, or a combination of any or all of these activities. No more than one hour of exercise in any one day may be credited to total.

SKIING (NORDIC)

Ski a minimum of 150 miles. No more than 10 miles in any one day may be credited to total.

SWIMMING

Swim a minimum of 25 miles (44,000 yards). No more than three-fourths of a mile (1,320 yards) in any one day may be credited to total.

WALKING

Walk a minimum of 125 miles. Each walk must be continuous. No more than 2½ miles in any one day may be credited to total.

WEIGHT TRAINING

Train with weights a minimum of 50 hours. No more than one hour in any one day may be credited to total. A workout must include at least 8 weight exercises, each performed a minimum of 10 times.

Sports Activities

ARCHERY

Shoot a minimum of 3,000 arrows. No more than 60 arrows in any one day may be credited to total. Minimum target distance is 15 yards. In field or roving archery, there should be 14 different targets, each at 15 or more yards.

BACK PACKING

Back pack for a minimum of 50 hours. No more than 3 hours in any one day may be credited to total. Weight of pack must be at least 10 percent of body weight.

BADMINTON

Play badminton a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Play must include at least 25 matches (best 2 of 3 games) of singles and/or doubles.

BASEBALL

Play baseball and/or practice baseball skills a minimum of 50 hours. At least 15 of the 50 hours must be in an organized league or part of an organized baseball competition. No more than one hour in any one day may be credited to total.

BASKETBALL

Play basketball and/or practice basketball skills a minimum of 50 hours. At least 15 of the 50 hours must be in organized league or tournament games. No more than one hour in any one day may be credited to total.

BOWLING

Bowl a minimum of 150 games. No more than 5 games in any one day may be credited to total.

CANOE-KAYAK

Paddle a minimum of 200 miles. No more than 7 miles in any one day may be credited to total.

(continued)

Sports Activities (cont.)

CLIMBING

Climb under Alpine-type conditions a minimum of 50 hours. No more than 3 hours in any one day may be credited to total.

EQUITATION

Ride horseback a minimum of 50 hours. No more than one hour in any one day may be credited to total.

FENCING

Practice fencing skills a minimum of 50 hours. No more than one hour in any one day may be credited to total. At least 30 of the 50 hours must be under the supervision of an instructor.

FIGURE SKATING

Skate a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Skating should include these elements: (a) figure eight work (patch); (b) free skating; (c) ice dancing.

FOOTBALL

Play any form of football including flag or touch football and/or practice football skills a minimum of 50 hours. At least 15 of the 50 hours must be in an organized league or part of an organized football competition. No more than one hour in any one day may be credited to total.

GOLF

Play a minimum of 15 rounds of golf (18 holes). No more than one 18-hole round a day may be credited to total. No motorized carts may be used.

GYMNASTICS

Practice gymnastic skills and/or compete in gymnastics a minimum of 50 hours. No more than 2 hours in any one day may be credited to total. Practice must include work in at least one-half of the recognized events (2 of 4 for women and girls, 3 of 6 for men and boys). Participate in at least 4 organized competitions.

HANDBALL

Play a minimum of 150 games. No more than 4 games in any one day may be credited to total.

HORSESHOES

Pitch a minimum of 200 walking games or 250 partners games. No more than 5 games in any one day may be credited to total.

ICE SKATING

Skate a minimum of 200 miles. No more than 6 miles in any one day may be credited to total.

JUDO

Practice judo skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a qualified teacher. No more than one hour in any one day may be credited to total.

KARATE

Practice karate skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a qualified instructor. No more than one hour in any one day may be credited to total.

ORIENTEERING

Run a minimum of 100 miles. No more than 2½ miles in any one day may be credited to total. Participate in at least 4 orienteering events and locate at least 25 checkpoints within the time allotted.

RACQUETBALL

Play a minimum of 150 games. No more than 4 games in any one day may be credited to total.

RIFLE

Fire a minimum of 2,500 rounds. No more than 50 rounds in any one day may be credited to total. Minimum target distances are 33 feet for air rifles, 50 feet for .22 rimfire rifle and 100 yards for centerfire rifle. All shooting practice must be under safe, regulation conditions.

ROLLER SKATING

Skate a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total.

RUGBY

Play rugby or practice rugby skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a coach. No more than one hour in any one day may be credited to total.

SAILING

Sail a minimum of 50 hours (practice and/or competition). No more than 2½ hours in any one day may be credited to total.

SCUBA—SKIN DIVING

Skin or Scuba dive or train for diving a minimum of 50 hours. No more than one hour in any one day may be credited to total. Total time must include at least 15 logged dives on 15 separate days under the Safe Diving Standards of one of these groups: National Association of Skin Diving Schools, National Association of Underwater Instructors, Professional Association of Diving Instructors, National YMCA, or Underwater Society of America.

SKEET—TRAP

Fire at a minimum of 1,250 standard trap or skeet targets. No more than 25 targets in any one day may be credited to total. All shooting must be on regulation range under safe, regulation conditions.

SKIING (ALPINE)

Ski a minimum of 50 hours. No more than 3 hours in any one day may be credited to total.

SOCCER

Play soccer or practice soccer skills a minimum of 50 hours. At least 30 of the 50 hours must be under the supervision of a coach or official. No more than one hour in any one day may be credited to total.

SOFTBALL

Play softball or practice softball skills a minimum of 50 hours. At least 20 of the 50 hours must be in organized league or tournament games. No more than one hour in any one day may be credited to total.

SQUASH

Play squash a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Total must include at least 25 matches (3 of 5 games) of singles and/or doubles.

TABLE TENNIS

Play table tennis a minimum of 50 hours. At least 20 of the 50 hours must be in organized league or tournament play. No more than one hour in any one day may be credited to total.

TENNIS

Play tennis a minimum of 50 hours. No more than 1½ hours in any one day may be credited to total. Total must include at least 25 sets of singles and/or doubles (tie-break rules may apply).

VOLLEYBALL

Play volleyball or practice volleyball skills a minimum of 50 hours. At least 10 of the 50 hours must be in organized league or tournament games. No more than one hour in any one day may be credited to total.

WATER SKIING

Water ski a minimum of 50 hours. No more than 2 hours in any one day may be credited to total.

The Governor's Fitness and Sports Award requirements were adapted from the Presidential Sports Award standards.

Persons over the age of 35 should check with their physician before participating in any physical activity.

Activity Log

I have completed the requirements for _____

Name of Fitness/Sport Activity _____

Date	Performance Entry	Date	Performance Entry	Date	Performance Entry	Date	Performance Entry	Date	Performance Entry

Name _____

Sex _____

Please Print or Type

Age _____

Signature _____

Address _____

City _____

State _____ Zip Code _____



Affix
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Governor's Fitness and Sports Award
Governor's Council on Physical Fitness & Health
Post Office Box 809
Jefferson City, Missouri 65102-0809